

Claims

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1. A golf training aid for indicating the shoulder turn during a golf swing comprising attachment means for attaching a support member adjacent to a shoulder of the golfer, the support member having shoulder position indicator means projecting outwardly therefrom and forwardly relative to the golfer.

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2. A golf training aid according to claim 1, in which the golf training aid is for indicating the shoulder turn during the takeaway in the back swing.

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3. A golf training aid according to claim 1 or claim 2, in which the shoulder position indicator means comprises an indicator arm.

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4. A golf training aid according to claim 3, in which the indicator arm is an elongate member.

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5. A golf training aid according to claim 3 or claim 4, in which the indicator arm comprises a resilient member.

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6. A golf training aid according to any one of claims 3 to 5, in which the indicator arm is arranged to be substantially perpendicular to the shoulder of the golfer.

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7. A golf training aid according to any preceding claim, in which the shoulder position indicator means is adjustably secured to the support member.

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5 8. A golf training aid according to claim 7, in which the shoulder position indicator means is pivotally secured to the support member.

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10 9. A golf training aid according to any preceding claims, comprising position retaining means to retain the position of the shoulder position indicator means relative to the support member.

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15 10. A golf training aid according to claim 9, comprising locking means to lock the position of the shoulder position indicator means relative to the support member.

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20 11. A golf training aid according to any preceding claim, in which the shoulder position indicator means is connected to the support member through a ball and socket joint.

25 12. A golf training aid according to any preceding claim, in which the shoulder position indicator means comprises an indicator member.

30 13. A golf training aid according to any preceding claim, in which the shoulder position indicator comprises a first indicator member and a second indicator member.

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14. A golf training aid according to claim 13, in which the first indicator member is supported by the indicator arm.

15. A golf training aid according to claim 13 or claim 14, in which the second indicator member is located adjacent to the shoulder of the golfer.

16. A golf training aid according to any preceding claim, in which the support member comprises a pad.

17. A golf training aid according to claim 16, in which the pad comprises a flexible pad.

18. A golf training aid according to claim 16 or claim 17, in which the support member comprises a shoulder pad.

19. A golf training aid according to any preceding claim, in which the support member locates over the forward shoulder of the golfer relative to the swing.

20. A golf training aid according to any preceding claim, in which the attachment means comprises a harness mechanism.

21. A method of indicating the shoulder turn of a golfer during a golf swing comprising securing shoulder position indicator means adjacent to a shoulder of the golfer, in order for the shoulder position indicator means to project outwardly and forwardly relative to the shoulder of the golfer.

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